

Emotion Zones: What Zone Are You In?

Blue Zone:

- Moving slowly
- Tired
- Sick
- Sad
- Bored

If sick, see Nurse

Yellow Zone

- Frustrated
- Excited
- Worried
- Lose Control
- Silly

Red Zone

- Yelling
- Terrified
- Out of Control
- Hitting
- Mad

Green Zone

- Ready to learn
- Feeling ok
- Calm
- Happy
- Focused

Our goal is to stay in Green Zone.

What to do if you feel Blue, Yellow and Red.

You will need to

- Drink water
- Stretch
- Follow Rules
- Listen teachers / staffs
- Respect others
- Be nice to others
- Accept help